

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Chickpea and carrots with couscous</p> <p>Ingredients:, Chick Peas, Carrots, Cous Cous (Durum Wheat Semolina - Contains Gluten)</p> <p>G</p>	<p>Beef and peppers with rice</p> <p>Ingredients:, Beef Mince, Peppers, Basmati Rice</p>	<p>Chicken and carrot turnips swede peas with potatoes</p> <p>Ingredients:, Chicken Breast, Carrots, Turnips, Swedes, Garden Peas, Potatoes</p>	<p>Chicken and carrots with pasta</p> <p>Ingredients:, Chicken Breast, Carrots, Pasta (Durum Wheat Semolina - Contains Gluten)</p> <p>G</p>	<p>Bean with sweetcorn and potatoes</p> <p>Ingredients:, Beans, Sweetcorn, Potatoes</p>
Dessert	<p>Fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Fruit</p> <p>Ingredients:, Fresh Fruit</p>

Allergens Key

D Dairy	E Eggs	SB Soy Beans	M Mustard	L Lupin	C Crustaceans	P Peanuts
G Gluten	F Fish	N Nuts	SS Sesame Seeds	M Mollusc	C Celery	SD Sulphur Dioxide